

Souper Season of Comfort, Winter 2001

Soups and Stews

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Carrot Soup

Hello. Here's more fruit and vegetable news you can really enjoy. I grew up with French cuisine and my favorite soup was potage crècy: a thick carrot soup, full of butter and cream. Well, I've created a delicious, healthier version. I kept the carrots-rich with beta-carotene-but removed much of the fat. First, I sauté a cup of chopped onion in 1-teaspoon olive oil. Then I chop 1 pound of carrots and add them to the onions. Cook, covered, for 10 minutes. Pour-in 4 cups of low-sodium broth and ¼ cup white rice and simmer for another 20 minutes. Whiz in a blender with ½ cup evaporated skim milk, and serve with a swirl of plain yogurt, chives, and mint. One cupful is nearly 2 vegetable servings. Warm and delightful. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Creamy Carrot Soup

Serves 4

Provides 1½ vegetable servings per person

- 1 teaspoon non-aromatic olive oil
- 1 teaspoon butter
- 1 cup chopped onions
- 2½ cups carrots, peeled, and chopped (1 pound)
- 4 cups low-sodium chicken broth
- ½ cup uncooked white rice
- ¼ cup evaporated skim milk
- ¼ cup plain non-fat yogurt

- Garnish
- 1 tablespoon chopped chives
- 1 tablespoon chopped mint

1. Heat the oil and butter in a high-sided skillet on medium high heat. Add the onions and cook 3 minutes, or until they begin to wilt. Add the chopped carrots and cook 3 minutes longer.

2. Pour in the broth and rice. Cover, bring to a boil, and cook 20 minutes or until the rice is very soft. Whiz until smooth in a blender in batches, being careful not to fill the jar more than half full of the hot liquid. Return to the pan and stir in the evaporated milk. Reheat.

3. Serve in 4 bowls swirled with the yogurt. Scatter chives over the top.

Nutritional Analysis

211 calories
3 g fat
11% calories from fat
1 g saturated fat
4% calories from saturated fat
38 g carbohydrates
300 mg sodium
4 g dietary fiber